

UPWARD SPORTS LEAGUE

FLAG FOOTBALL REFEREE PRE-SEASON MEETING



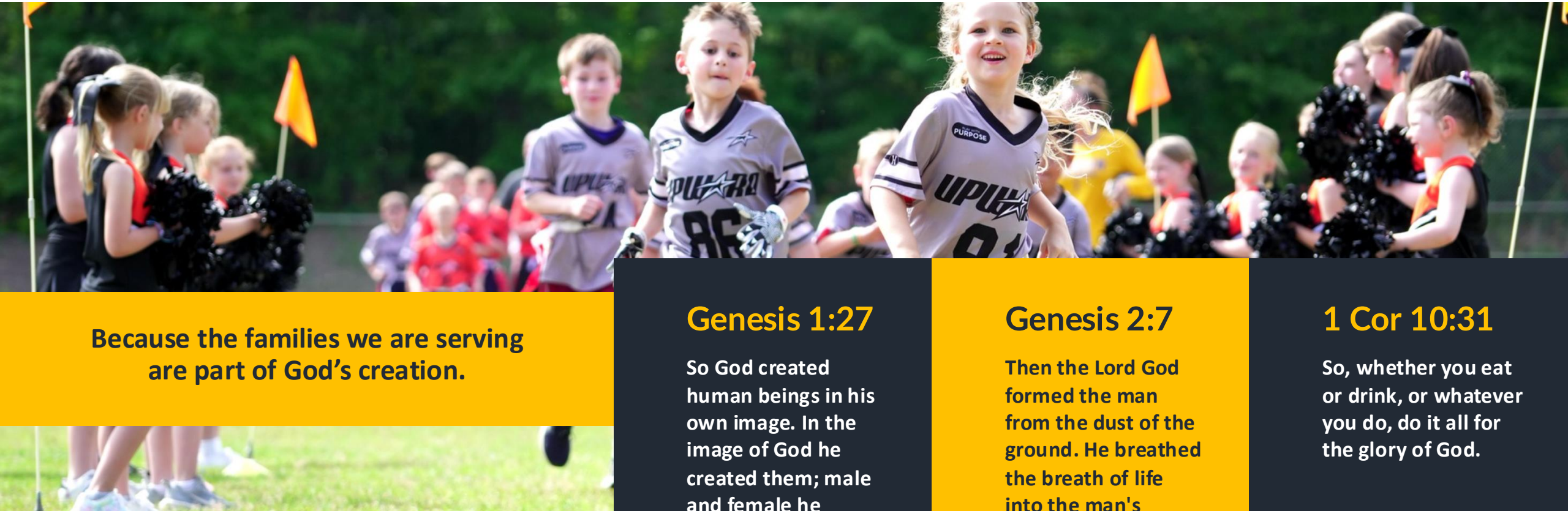
UPWARD
SPORTS

As a referee, you play a vital role in **SPORTS MINISTRY.**

Sports ministry requires that we give our best effort in teaching the sport and caring about people through ministry opportunities. This isn't "just an Upward league" or "just a church league." This is our chance to provide the best youth sports experience in our community and demonstrate the gospel to the families we serve.



Why should we give our **BEST EFFORT?**



**Because the families we are serving
are part of God's creation.**

Genesis 1:27

So God created human beings in his own image. In the image of God he created them; male and female he created them.

Genesis 2:7

Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person.

1 Cor 10:31

So, whether you eat or drink, or whatever you do, do it all for the glory of God.



The Importance of Using Your **WHISTLE**.

- ❖ Blowing the whistle beginning with game one of the season creates a command of the game for the referee.
- ❖ Blowing the whistle encourages improvement and development.
- ❖ Understand that not blowing the whistle causes frustration for players.
- ❖ Focus on blowing the whistle, making the call, and quickly resuming play.

THE FIVE C'S OF BEING AN UPWARD REFEREE

These 5 C's will help set the expectation of being an Upward Referee. These will help you understand that calling the game properly is important to the league. All violations should be called; it helps players to learn the game.

1

CONFIDENCE



2

COMMUNICATION



3

CONTROL



4

CONSISTENCY



5

CHRISTLIKENESS



1

Referees Should Be CONFIDENT.

- ❖ Confidence begins with knowing the rules of the game and understanding the sport, along with knowing the unique rules for each level of play.
- ❖ Call all penalties, as this helps players learn. The whistle is a powerful cue for players to take note and listen. The referee is the ultimate authority on the court.
- ❖ Use the whistle, penalty flag, hand signals, and instruction throughout the game. Don't be timid.
- ❖ When making calls, it is better for the referee to be strong and wrong than being unsure and timid.

2

Referees Should COMMUNICATE.

- ❖ Keep an open line of communication with coaches, players, and the other referee.
- ❖ Speak with players at their level so they understand what is being communicated.
- ❖ Include both coaches when there is an explanation.
- ❖ Use proper officiating techniques and positions so that everyone understands what is being communicated.
- ❖ Use your voice to instruct throughout the game.

3

Referees Should Be In CONTROL.

- ❖ Player safety should be the top concern for every referee.
- ❖ Keep the game clean by not allowing rough play.
- ❖ Instruct players throughout the game.
- ❖ Be consistent in making calls. Inconsistency leads to confusion for everyone.
- ❖ Use the whistle and penalty flags to make calls throughout the game.

4

Referees Should Be CONSISTENT.

- ❖ Everyone appreciates consistency where players, teams, and coaches are held to the same standards.
- ❖ Coaches teach the rules at practice, and referees are able to support coaches by enforcing the rules.
- ❖ Don't let calls slide because a team is behind or make things tougher on a player who has more skill.
- ❖ If you call the game consistently for everyone, it helps all players learn.

4

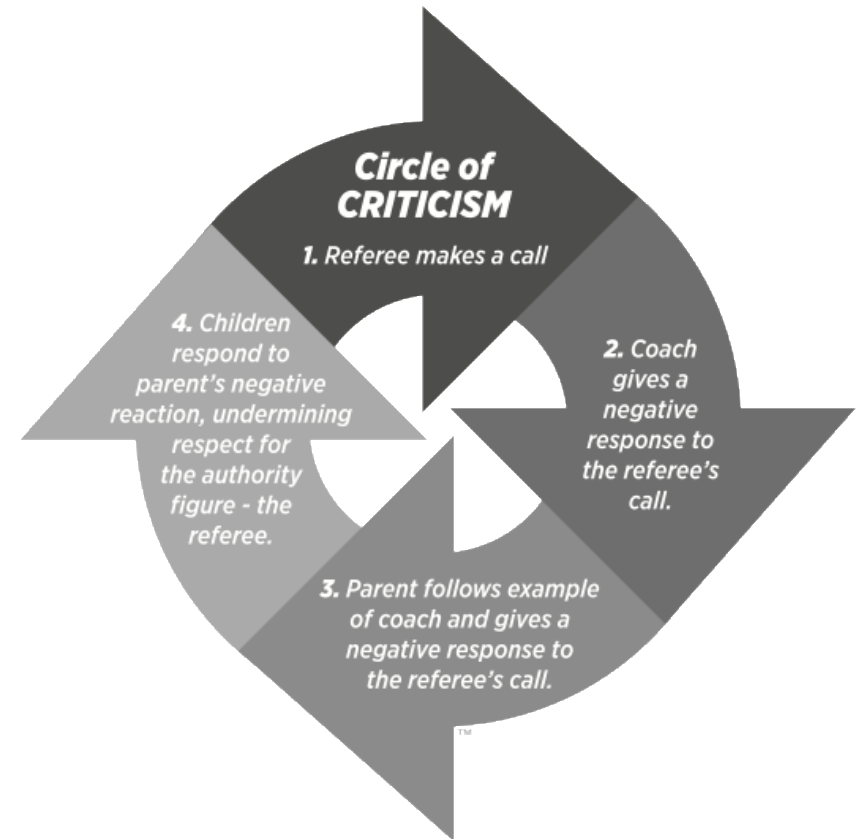
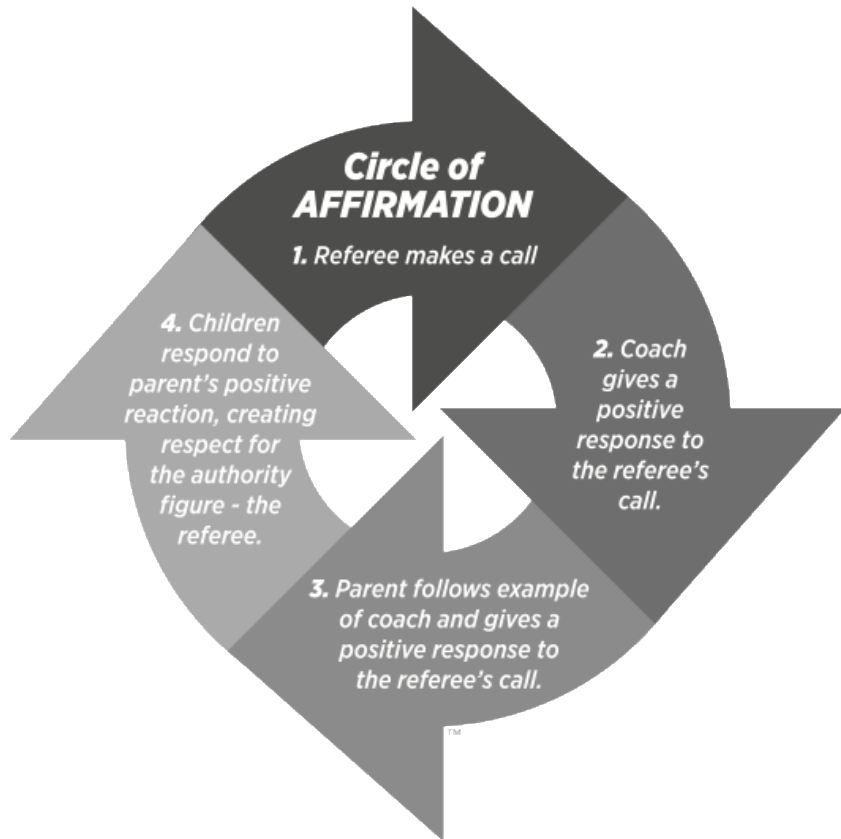
Referees Should Demonstrate CHRISTLIKENESS.

- ❖ Lead by example in your attitude and actions to reflect who Christ is in your life.
- ❖ Encourage players and coaches by what you say and do.
- ❖ Players, coaches, and spectators see the tone you set and are encouraged to follow your example.
- ❖ If a coach or player reacts in a negative way, always try to defuse the situation. Be firm but fair.

The Circles of **Affirmation** & **Criticism**

GAME DAY ATTITUDE

Your game day attitude and composure set the tone for everyone to follow. Coaches are instructed to support game day officials by respecting their calls and following the Circle of Affirmation on game days. Mistakes may be made by coaches, players, referees, or parents.



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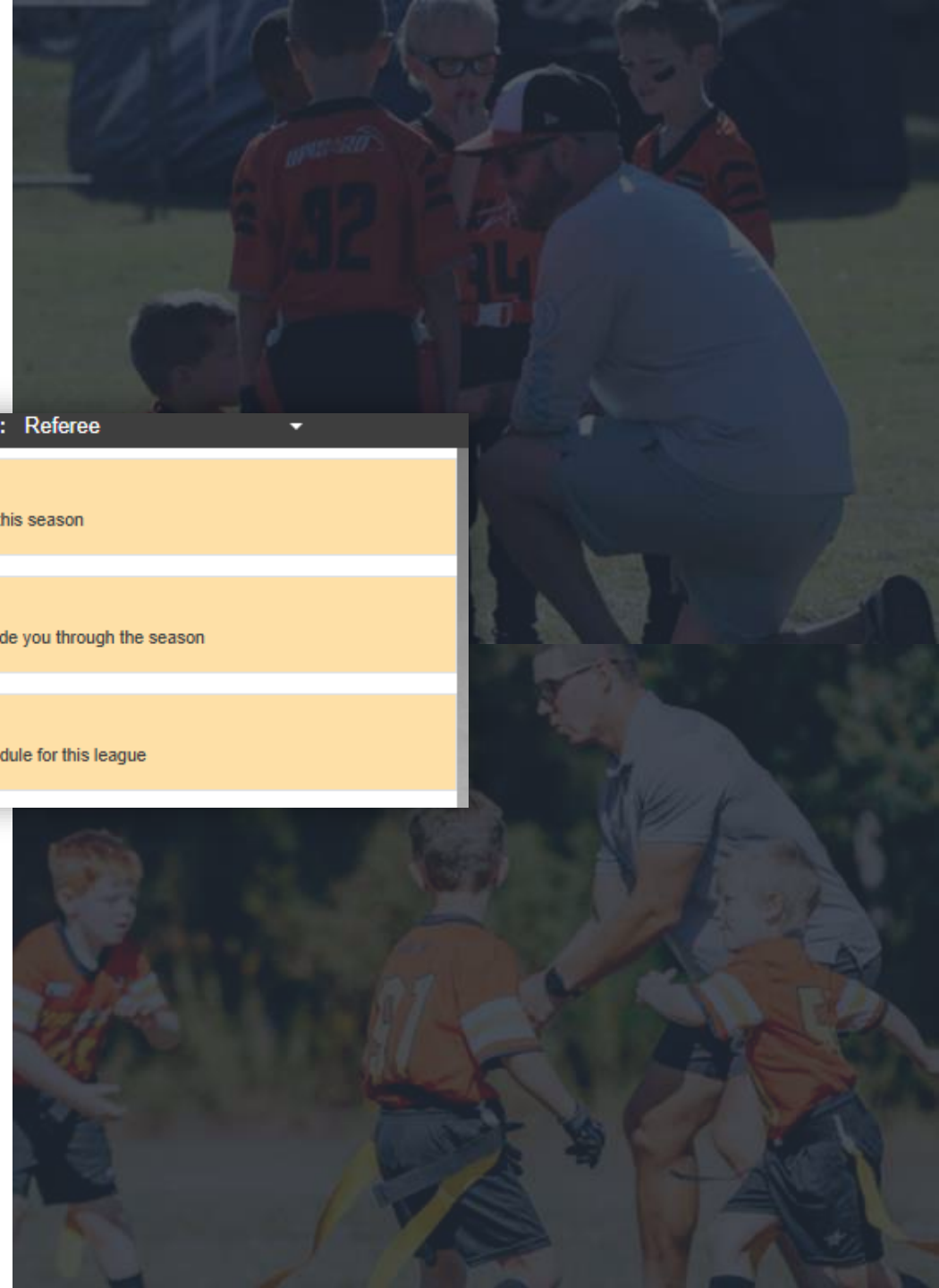
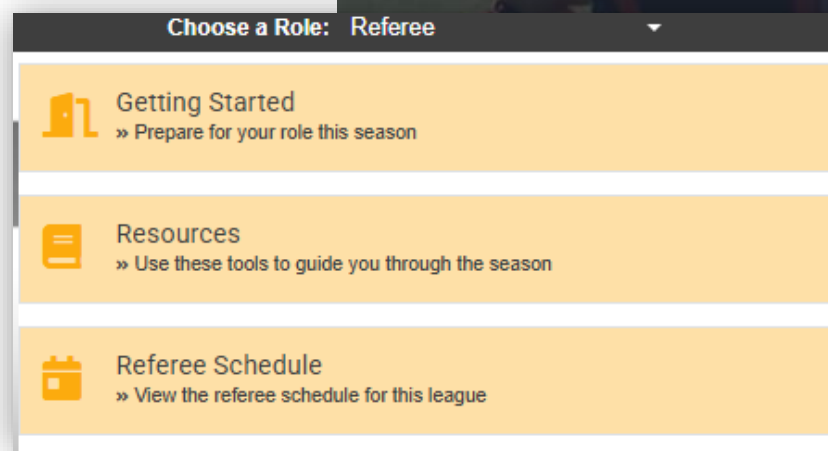
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TOOLS & RESOURCES

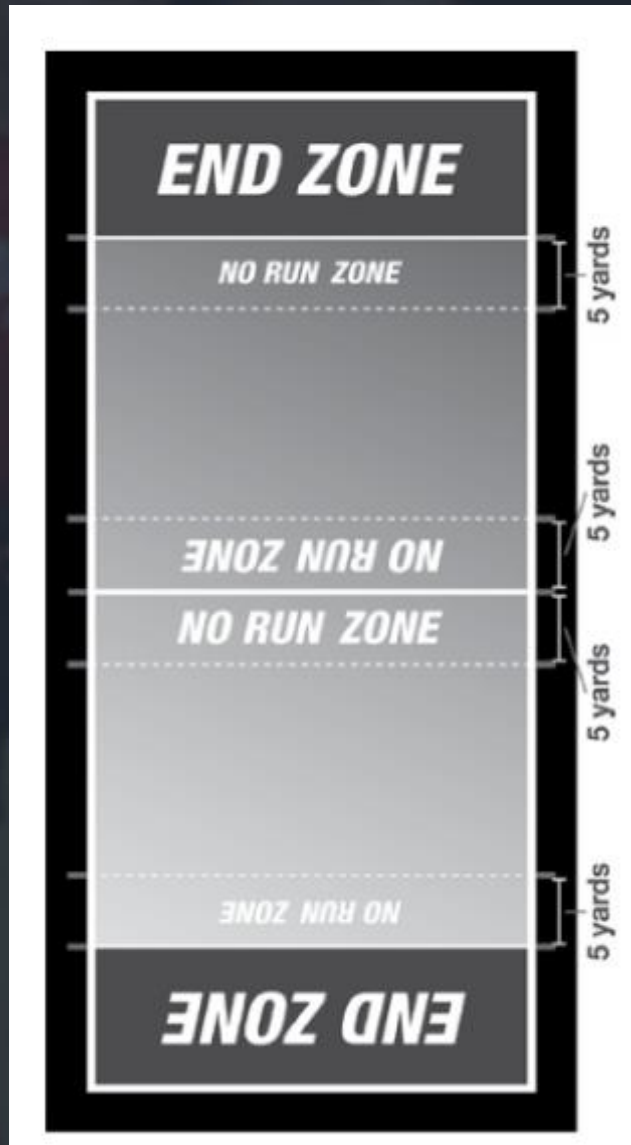


MyUpward.org is the best tool for a referee to use.

You will receive an email invitation to **MyUpward.org** where you can create an account and an icon on the home screen of your mobile device for easy access.



FLAG FOOTBALL FIELD LAYOUT



- ❖ Teams have four downs to gain a first down. A first down occurs once a team crosses midfield.
- ❖ No Run Zones apply in the five yards before midfield and five yards going into the end zone. No Run Zones do not apply to Kindergarten teams.
- ❖ A low-profile cone or beanbag is used to mark the line of scrimmage and the “Rush Line.”

RULES OF UPWARD FLAG FOOTBALL

Clock Format

- ❖ A game consists of four 10-minute quarters (3 minutes between) and an 8-minute halftime.
- ❖ Each team has one 30-second timeout per half.
- ❖ A 30-second play clock should begin once the referee spots the ball as ready for play. *(Note: It is important to enforce the 30-second play clock so that teams can maximize the numbers of plays in a game.)*

There are circumstances where the clock stops in the last minute of play before halftime and the end of the game. Review these in the Referee Handbook.

RULES OF UPWARD FLAG FOOTBALL

Clock Format

These are the circumstances where the clock stops in the last minute of play before halftime and the end of the game. **You can review these in the Referee Handbook.*

- ❖ After an incomplete pass
- ❖ After the ball carrier goes out of bounds
- ❖ On a change of possession
- ❖ After a touchdown
- ❖ During an extra-point attempt
- ❖ During an official's timeout
- ❖ After an interception
- ❖ During a called timeout, until the ball is snapped to resume play
- ❖ A dead ball penalty or at the end of a play where a penalty has occurred

RULES OF UPWARD FLAG FOOTBALL

Offensive Basics

- ❖ Three players from the offensive team must be on the line of scrimmage to begin play. If there are not, this is a penalty for illegal formation.
- ❖ The ball carrier's feet determine the spot of the football.
- ❖ A fumble is an immediate dead ball, with the exception of the Center – Quarterback exchange for 2nd grade and under divisions. For 2nd grade and under, the QB may pick up the ball and continue the play.
- ❖ For 3rd grade and up divisions, a fumble on the Center-Quarterback exchange is treated as a fumble and is a dead ball at the spot where the ball hits the ground.

RULES OF UPWARD FLAG FOOTBALL

Defensive Basics

- ❖ Interceptions may be returned and are awarded six points. Interceptions not returned for a score are spotted where the play ends.
- ❖ Any player who is “rushing” the quarterback must begin from the designated “Rush Line” which is 10 yards from and parallel to the line of scrimmage.

RULES OF UPWARD FLAG FOOTBALL

How to Make A Call

- ❖ Be in proper position to make a call. On the snap, referees should move based upon the direction of the play.
- ❖ Once play begins, referees should not find themselves in a location where it hinders players' ability to see the field.
- ❖ Referees should throw the flag in the direction of the penalty.
- ❖ Referees should only blow the whistle and stop play for a penalty when it is a dead ball penalty. These include delay of game, encroachment, false start, and neutral zone infraction.
- ❖ Referees should call all penalties so that players learn the game.

DEFENSIVE PENALTIES

ILLEGAL CONTACT

Any contact, such as, blocking, physically tackling, knocking a player down while attempting to pull a flag, holding, pushing, or jersey-pulling will result in an illegal contact penalty. The penalty is 10 yards from the spot of the foul and an automatic first down.

ILLEGAL RUSHING

Illegal rushing is enforced when a player who starts in front of the designated rush line crosses the line of scrimmage before a handoff or pass that leaves the quarterback's hands. A flag is thrown, and play continues. The penalty is 5 yards from the line of scrimmage and a replay of the down.

OFFENSIVE PENALTIES

FLAG GUARDING

Flag guarding is the intentional or unintentional use of the arm or hands to prevent a defender from pulling the flag. A flag is thrown, and play continues. The penalty is 10 yards from the spot of the foul and a loss of down.

ILLEGAL PASS

A pass thrown from beyond the line of scrimmage, more than one forward pass, more than one backward pass, or a pass not completed beyond the line of scrimmage to advance out of the no-run zone. A flag is thrown, and play continues. The penalty is 5 yards from the line of scrimmage and a loss of down.

OFFENSIVE CHARGING

Offensive charging occurs when an offensive player makes no attempt to avoid a defender and instead initiates contact and attempts to run through or knock down a defender. A flag is thrown, and play continues. The penalty is 10 yards from the spot of the foul and a loss of down.

SHIELDING

Shielding is a non-contact block that impedes a defender from making a tackle. This could be other offensive players running immediately side by side, in front of, or behind a ball carrier to impede defenders from making a tackle. A flag is thrown, and play continues. The penalty is 5 yards from **the spot of the foul and a loss of down.**

Important Reminders

Coaches are allowed to walk the sidelines and encourage their players without stepping in the playing area.

- ❖ In the 3rd grade and up divisions, each team can put one coach in the huddle for the first two games of the season. In Kindergarten, 1st and 2nd grade divisions, each team can put one coach in the huddle throughout the season.

Snapping the Football: Each play begins with the snap of the ball from the center to the quarterback.

- ❖ In the K5-2nd grade division, players may have the option to use the side snap.
 - *The traditional snap can be difficult for younger players with small hands.*

In the 3rd grade and up divisions, the ball is snapped between the legs to begin play.

- *Two types of snaps should be worked on: the under-center snap and the shotgun snap.*

THANK YOU!

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